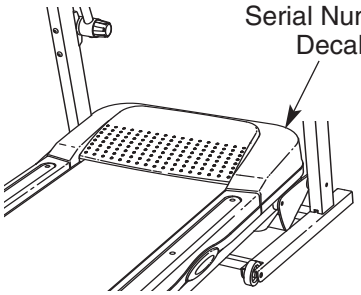
PRO-FORM®
CROSSWALK 3.0 XT

Model No. PFTL66806.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

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new products, prizes,
fitness tips, and much more!

PRO-FORM® CROSSWALK 3.0 XT

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described.**

3. **Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 300 pounds or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

10. **When connecting the power cord (see page 12), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

11. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

12. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

13. **Keep the power cord and the surge suppressor away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body arms while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**

19. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

22. **Inspect and properly tighten all parts of the treadmill regularly.**

23. **Never insert any object into any opening.**

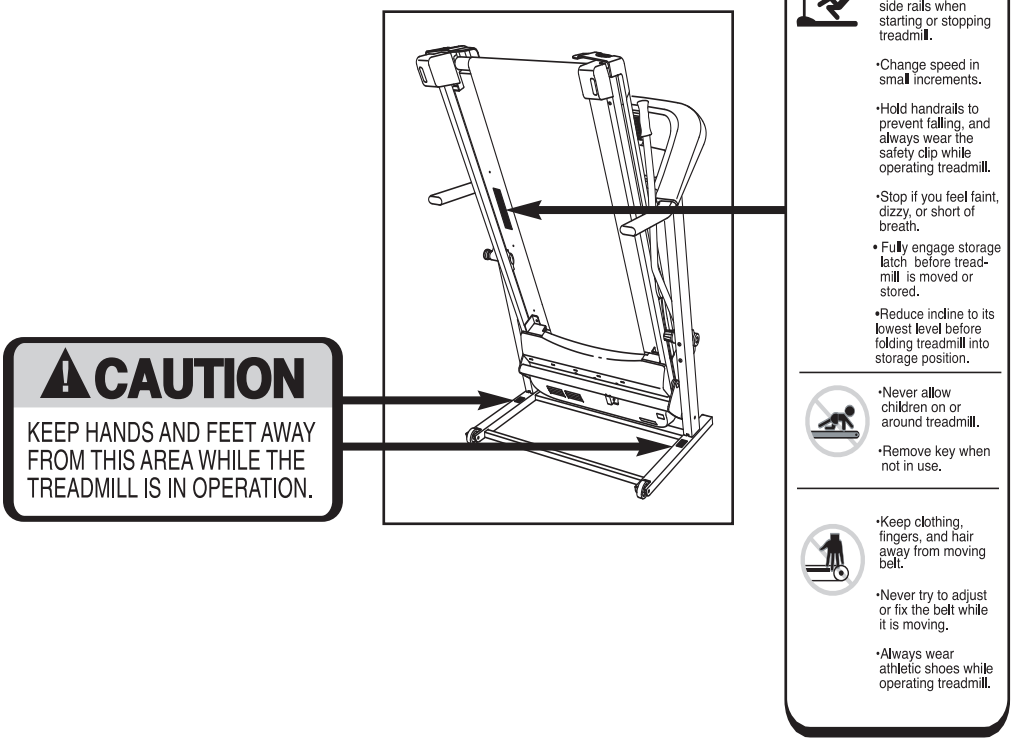
24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.


⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

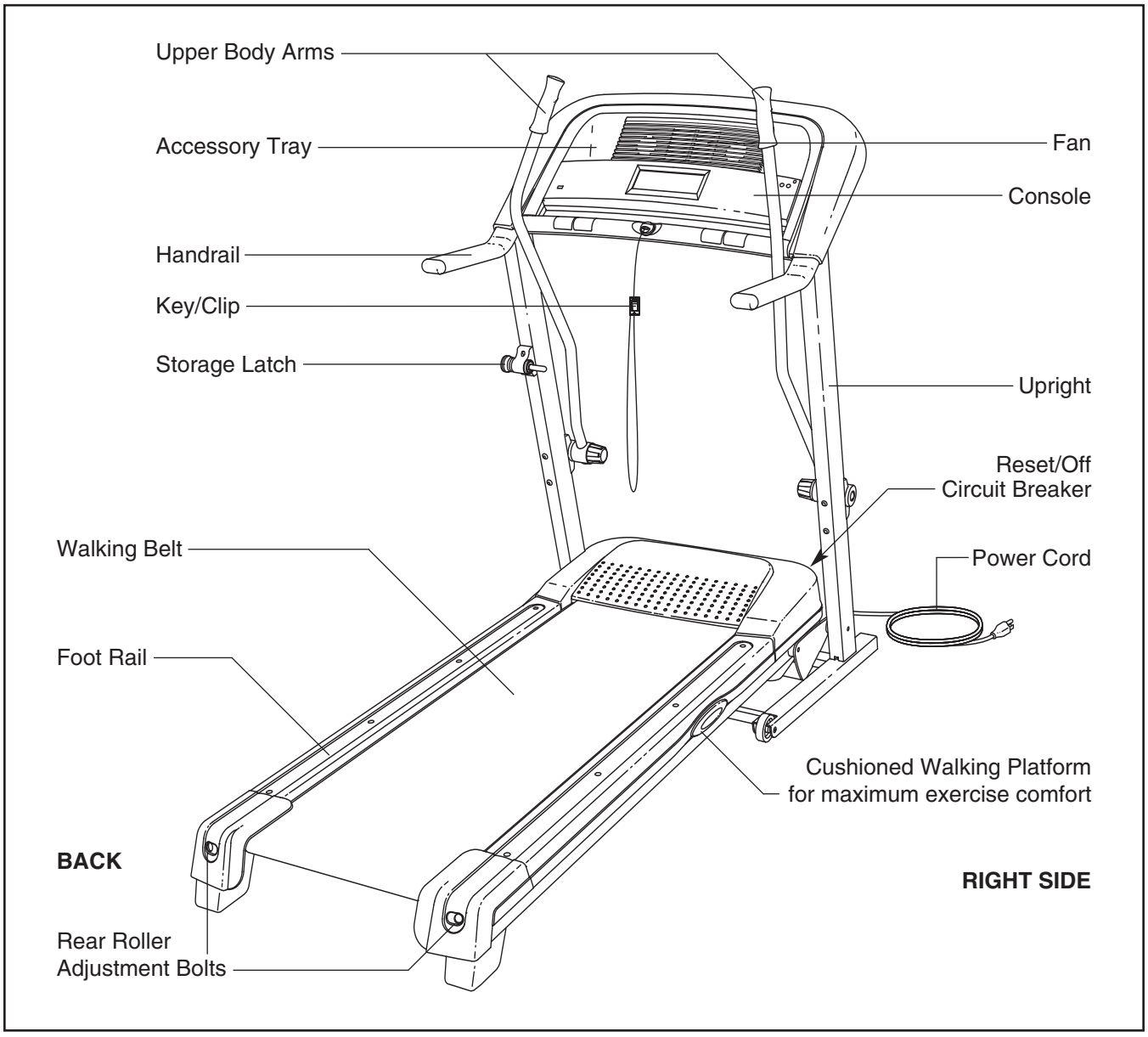
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® CROSSWALK 3.0 XT treadmill. The CROSSWALK 3.0 XT treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CROSSWALK 3.0 XT treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is PFTL66806.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

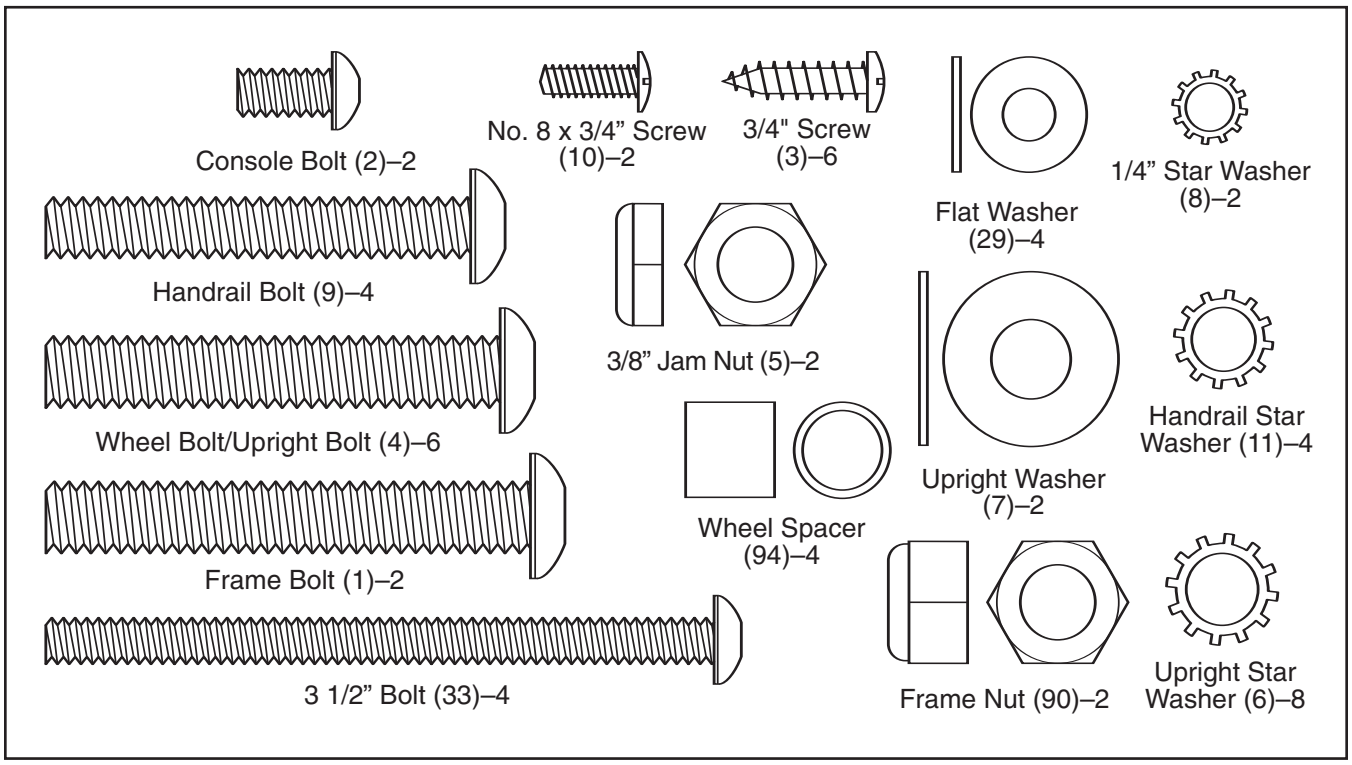


ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480. Assembly requires two persons. Set the treadmill in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, lubricant may be transferred to the top of the walking belt or to the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and mild, non-abrasive cleaner.

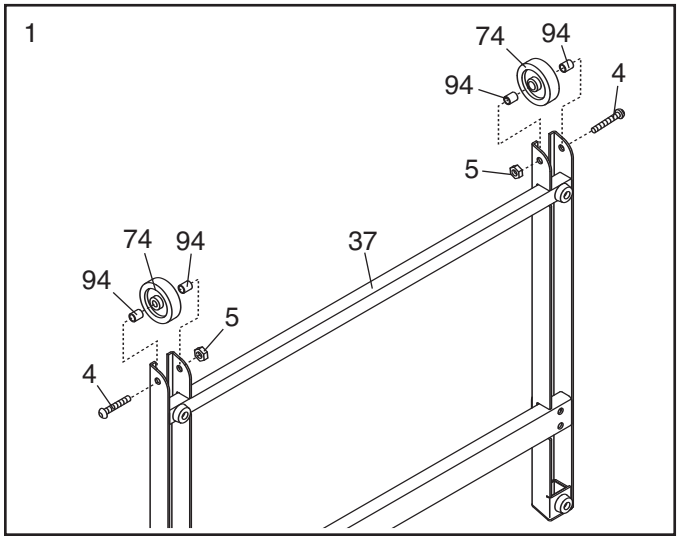
Assembly requires the included hex keys and your own phillips screwdriver , rubber mallet , adjustable wrench , and needlenose pliers .

To identify assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST starting on page 26. The number following the parentheses is the quantity used in assembly. **To avoid damaging plastic parts, do not use power tools for assembly.**



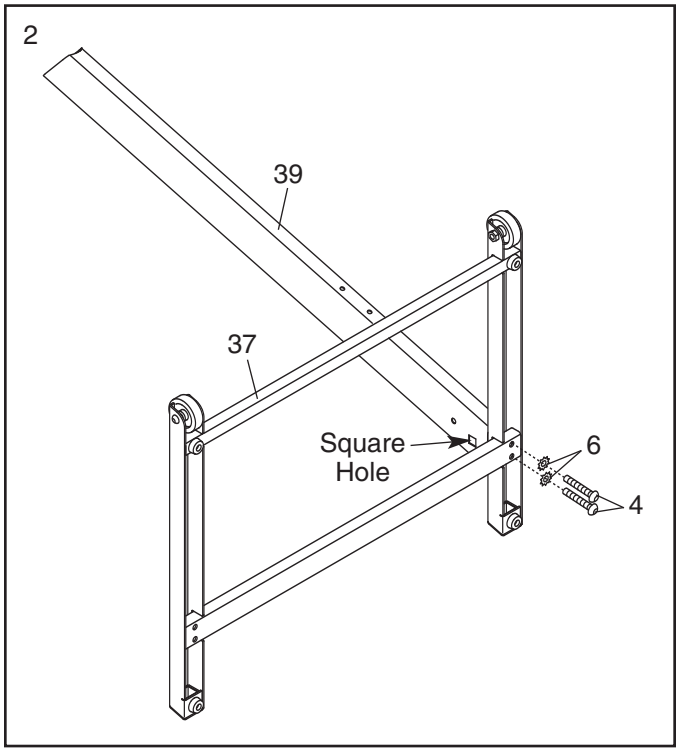
1. Attach a Wheel (74) to one side of the Base (37) with a Wheel Bolt (4), two Wheel Spacers (94), and a 3/8" Jam Nut (5). **Do not overtighten the 3/8" Jam Nut; the Wheel should turn freely.** If necessary, use needlenose pliers to hold the Wheel Spacers.

   Attach the other Wheel (74) to the other side of the Base (37) in the same way.



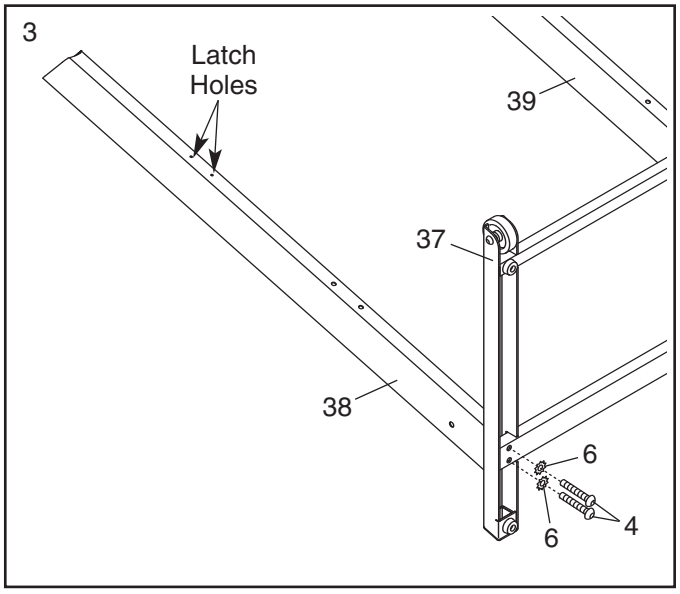
2. Identify the Right Upright (39), which has a square hole in the location shown.

   Orient the Right Upright (39) and the Base (37) as shown. Attach the Right Upright to the Base with two Upright Bolts (4) and two Upright Star Washers (6); **do not tighten the Upright Bolts yet.**



3. Orient the Left Upright (38) as shown. Note the location of the two small latch holes. Attach the Left Upright to the Base (37) with two Upright Bolts (4) and two Upright Star Washers (6); **do not tighten the Upright Bolts yet.**

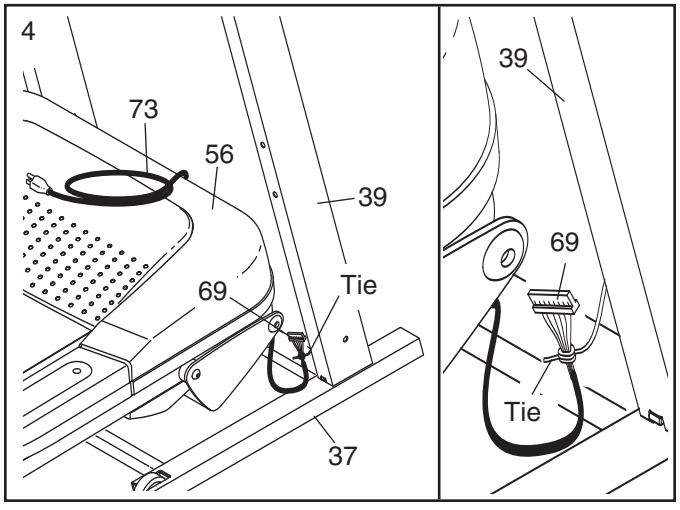
   Raise the Uprights (38, 39).



4. Lay the Power Cord (73) on the Hood (56), and position the Base (37) near the front of the treadmill as shown.

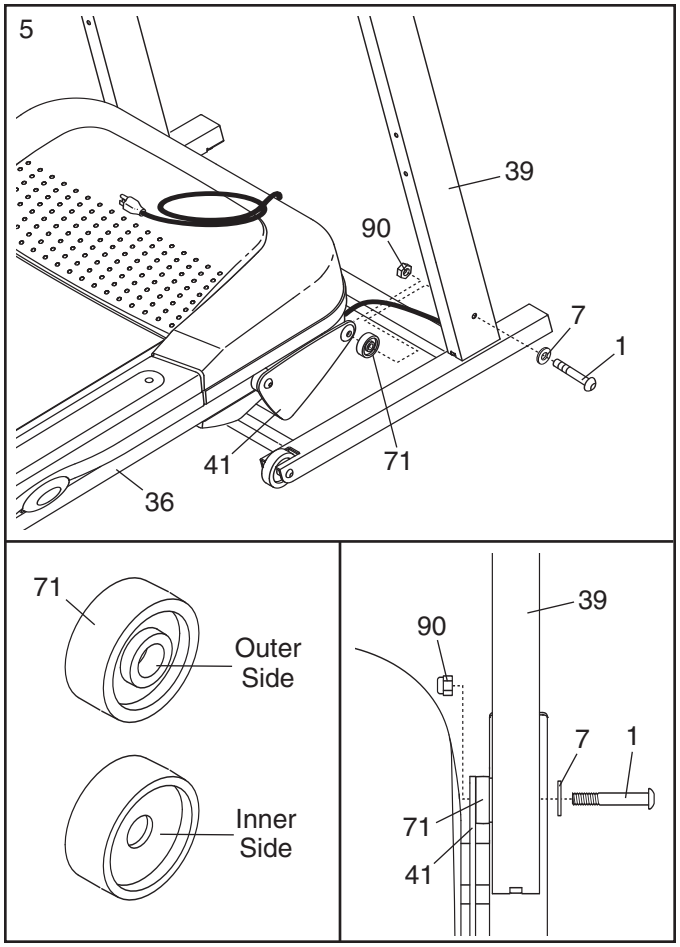
   Cut the small tie (not shown) holding the Upright Wire (69) in a bundle.

   Wrap the indicated tie around the Upright Wire (69) Then, insert the end of the Upright Wire into the square hole in the Right Upright (39). Pull the opposite end of the strap until the end of the Upright Wire is pulled through the Right Upright.



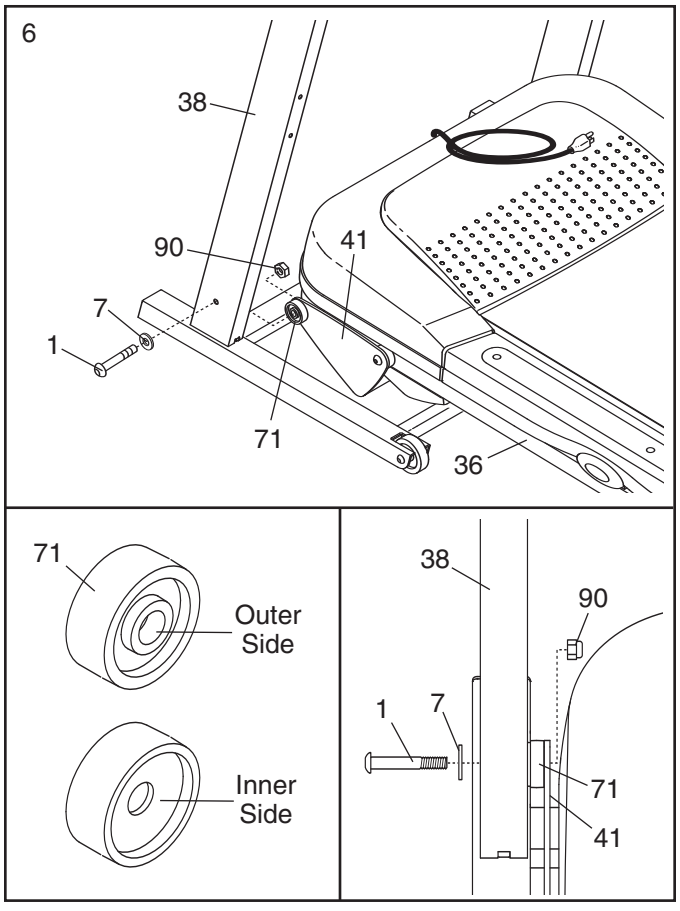
5. See the left inset drawing. Identify the two Frame Spacers (71). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

   While a second person lifts the Frame (36) slightly, hold a Frame Spacer (71) between the Right Upright (39) and the Lift Frame (41), **with the outer side of the Frame Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with a Frame Bolt (1), an Upright Washer (7), and a Frame Nut (90); **do not tighten the Frame Nut yet.**

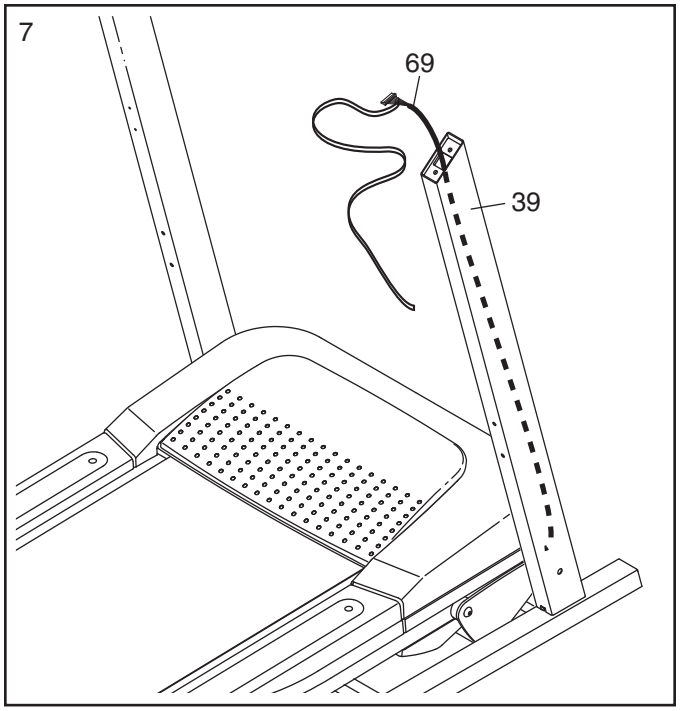


6. See the left inset drawing. Identify the outer side of the remaining Frame Spacer (71).

   While a second person lifts the Frame (36) slightly, hold the Frame Spacer (71) between the Left Upright (38) and the Lift Frame (41), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with a Frame Bolt (1), an Upright Washer (7), and a Frame Nut (90); **firmly tighten the two Frame Nuts used in step 5 and this step.**



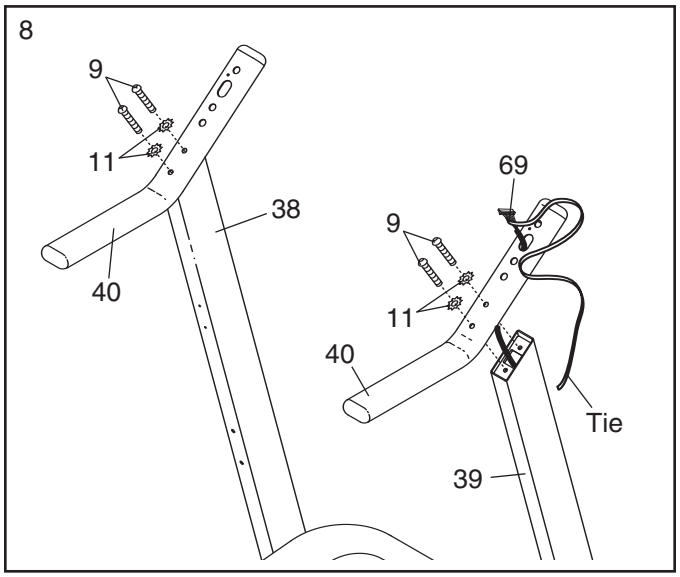
7. Gently pull the Upright Wire (69) to remove any excess from the Right Upright (39).



8. Route the Upright Wire (69) through one of the Handrails (40). Attach the Handrail to the Right Upright (39) with two Handrail Bolts (9) and two Handrail Star Washers (11). **Be careful not to pinch the Upright Wire.**

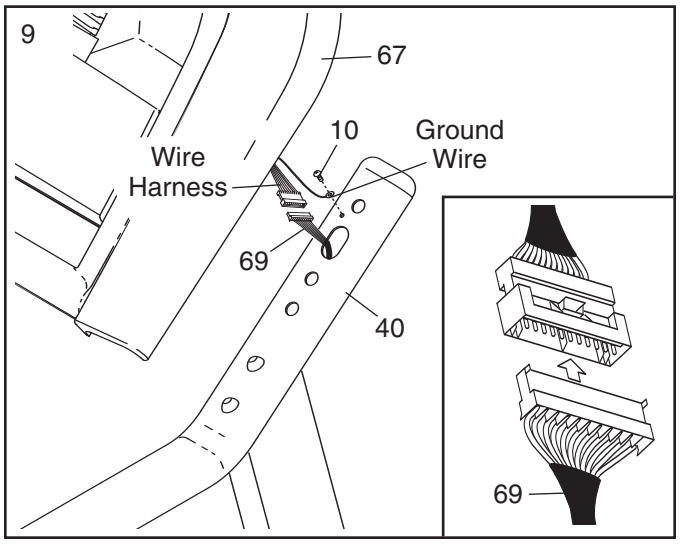
   Attach the other Handrail (40) to the Left Upright (38) with two Handrail Bolts (9) and two Handrail Star Washers (11). Firmly tighten the Handrail Bolts.

   Remove the tie from the Upright Wire (69).



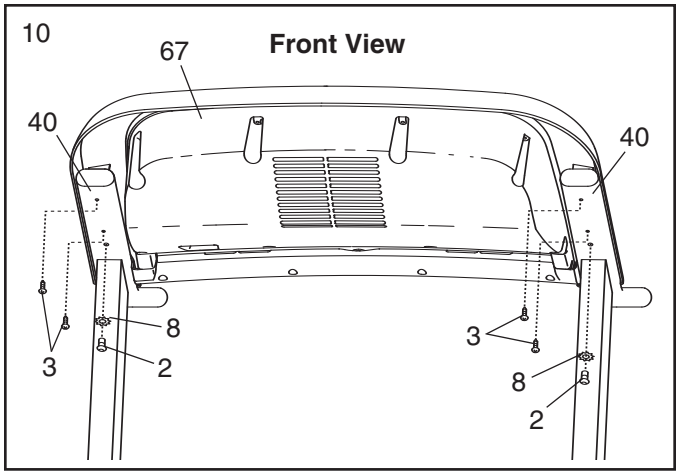
9. Have another person hold the Console Base (67) near the right Handrail (40). Attach the ground wire on the Console Base to the right Handrail with a No. 8 x 3/4" Screw (10).

   Connect the wire harness on the Console Base (67) to the Upright Wire (69) as shown in the inset drawing. **Important: If the connectors are oriented correctly, they will slide together easily and snap into place. If the connectors are not oriented correctly, the console may be damaged when the power is turned on.**



10. Insert the connectors and the excess wire into the Console Base (67) as you set the Console Base on the Handrails (40).

Make sure that no wires are pinched, and start two Console Bolts (2) with 1/4" Star Washers (8) into the Handrails (40) and the Console Base (67). **Do not tighten the Console Bolts yet.** Next, start four 3/4" Screws (3) into the Handrails and the Console Base. **Tighten the Screws and then tighten the Console Bolts; be careful not to overtighten the Screws.**

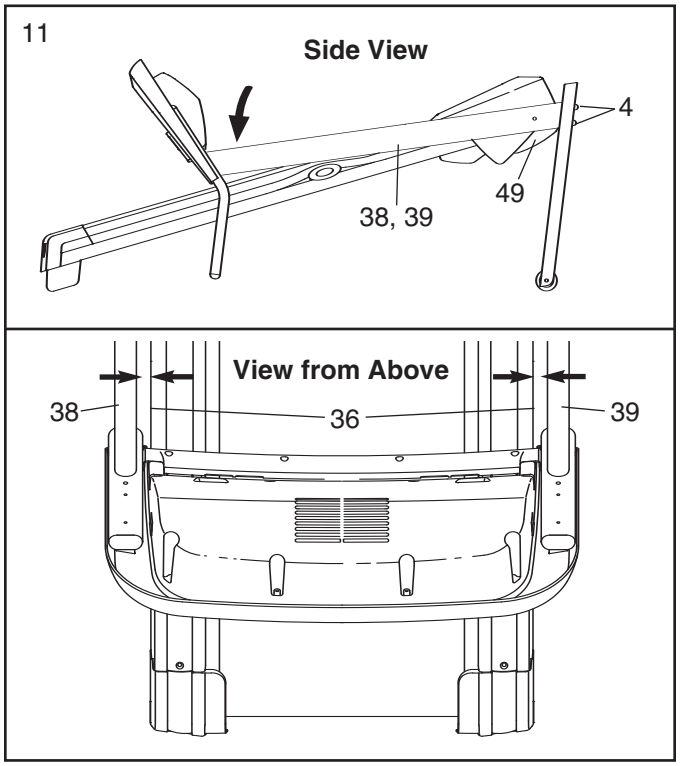


11. Lower the Uprights (38, 39) as shown.

See the lower drawing. Position the Uprights (38, 39) so that the treadmill Frame (36) is centered between them.

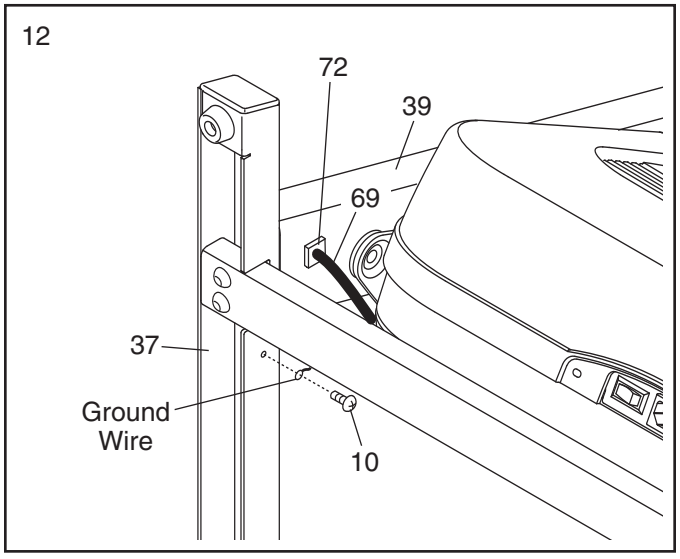
Firmly tighten the Upright Bolts (4) on each side of the treadmill.

Important: If there is a thin sheet of plastic on the bottom of the Belly Pan (49), remove the plastic.



12. Attach the ground wire on the Upright Wire (69) to the indicated hole in the Base (37) with a No. 8 x 3/4” Screw (10).

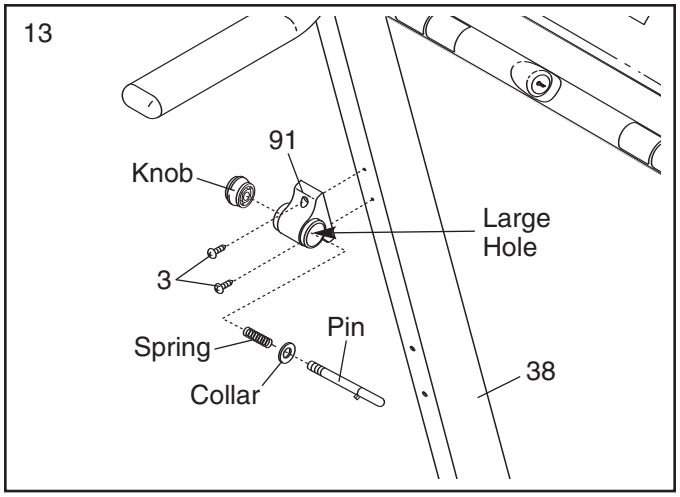
Press the indicated Grommet (72) into the Right Upright (39).



13. Carefully raise the Left Upright (38) and Right Upright (not shown).

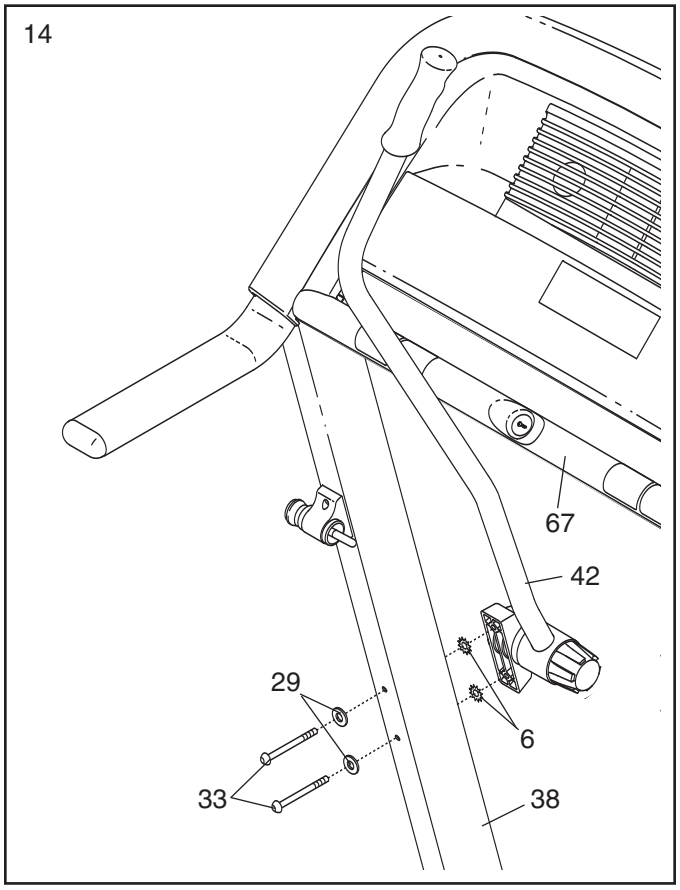
    Attach the Latch Housing (91) to the Left Upright (38) with two 3/4” Screws (3). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Screws.**

    Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Insert the pin into the Latch Housing (91), and tighten the knob back onto the pin.



14. Attach the Left Upper Body Arm (42) to the left Upright (38) with two 3 1/2” Bolts (33), two Flat Washers (29), and two Upright Star Washers (6) as shown. **Make sure that the Left Upper Body Arm is on the indicated side of the Console Base (67).**

    Attach the Right Upper Body Arm (not shown) to the Right Upright (not shown) in the same way.



15. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 23). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

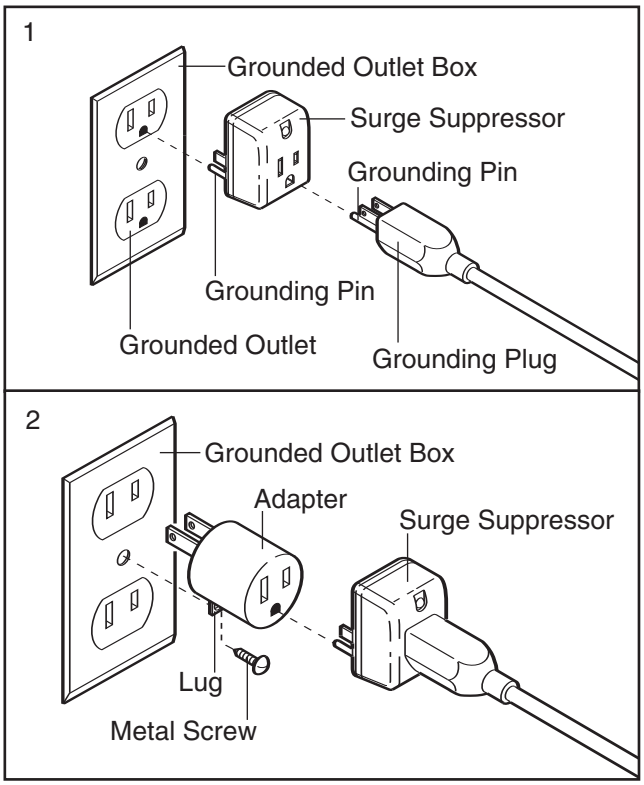
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

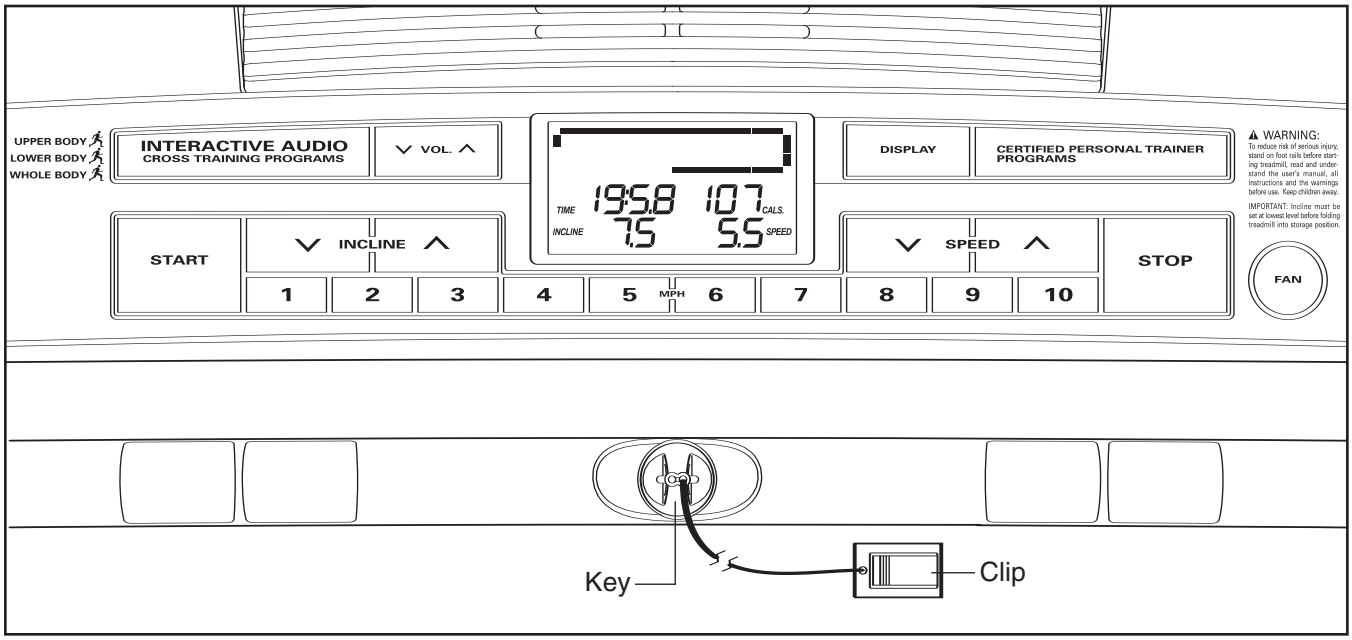
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The revolutionary treadmill console offers a selection of features designed to make your workouts more effective.

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 20 for information about the optional chest pulse sensor).

The console also features six interactive cross trainer programs designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. The cross trainer programs automatically control the speed and incline of the treadmill and prompt you to perform a variety of strength exercises during your workout. There are two whole body, two upper body, and two lower body cross trainer programs to choose among. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the toll-free telephone number on the front cover of this manual.**

The console also offers six preset programs that automatically control the speed and incline of the treadmill while guiding you through an effective workout.

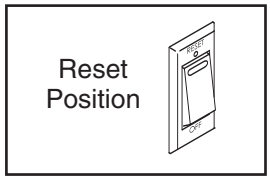
To use the manual mode of the console, follow the steps beginning on page 14. **To use a cross trainer program**, see page 16. **To use a preset program**, see page 17.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 12).

2 Locate the reset/off circuit breaker near the power cord. Make sure that the circuit breaker is in the reset position.



3 Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 13) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

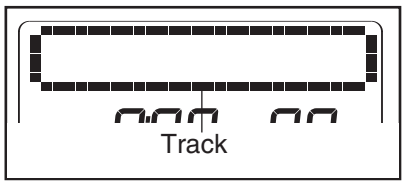
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

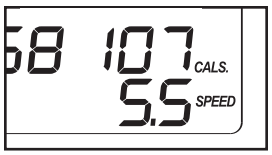
2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing either of the two Programs buttons repeatedly until a track appears in the display.



3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 to 10.



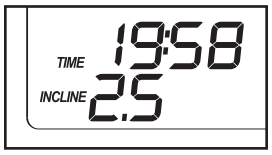
If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

If one of the numbered speed buttons is pressed, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

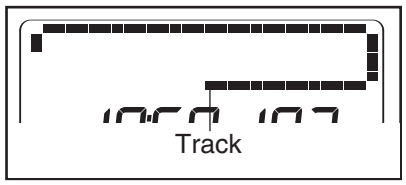
4 Change the incline of the treadmill as desired.

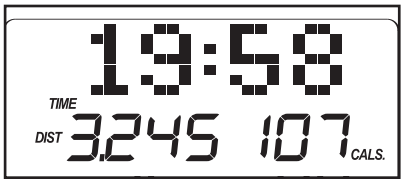
To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



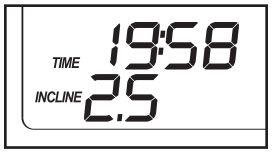
5 Follow your progress with the display.

When the manual mode is selected, the display will show a track that represents 1/4 mile. As you walk or run, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

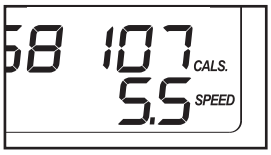




In the manual mode, the upper part of the display can also show the elapsed time, the distance that you have walked or run, the speed of the walking belt, the approximate number of calories you have burned while walking or running, your pace in minutes per mile, or the incline level of the treadmill. If desired, press the Display button repeatedly until the upper part of the display shows the information you are most interested in viewing. Note: While information is shown in the upper part of the display, the same information will not be shown in the lower parts of the display.



The left side of the display will show the elapsed time, the distance that you have walked or run, and the incline level of the treadmill. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



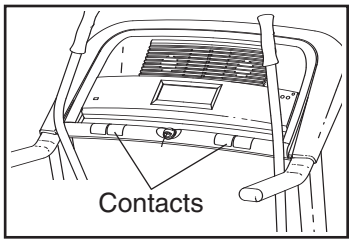
The right side of the display will show the approximate number of calories you have burned while walking or running, the speed of the walking belt, and your pace in minutes per mile. The right side of the display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 19. **Note: For simplicity, all instructions in this section refer to miles.**

To reset the display, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately.



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

Next, hold the handgrip pulse sensor with your palms resting on the metal contacts; **avoid moving your hands**. When your pulse is detected, the heart-shaped indicator in the right side of the display will flash each time your heart beats, one or two dashes (– –) will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fan if desired.

To turn on the fan, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is on when the walking belt stops, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or it will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 19 and turn off the demo mode.**

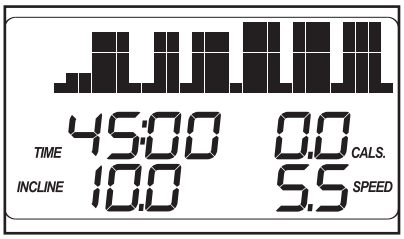
When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

HOW TO USE A CROSS TRAINER PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2 Select one of the six cross trainer programs.



To select a cross trainer program, press the Interactive Audio Cross Training Programs button repeatedly until the desired program is selected. When a cross trainer program is selected, the program time will appear in the display, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds, and a profile of the speed settings of the program will scroll across the matrix in the display.

3 Press the Start button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

The voice of a personal trainer will guide you through the program. To adjust the sound level, press the volume (VOL.) increase and decrease buttons.

Each program is divided into 45 one-minute segments. One speed setting and one incline setting are programmed for most segments. (Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next several segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column; if any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

4 Perform the first strength exercise when prompted.

When the first strength exercise segment begins (only one indicator will flash in the Current Segment column), the walking belt will slow to a stop and the name of the first strength exercise will appear in the display for a few seconds.

Next, the personal trainer will tell you the recommended number of repetitions for the first strength exercise.

Remove the clip from the waistband of your clothes, step off the treadmill, and prepare to begin the first strength exercise. The personal trainer and the display will count the repetitions; perform one repetition of the exercise on each count. Exercise with a slow, steady motion; do not perform more than one repetition for each count.

Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the toll-free telephone number on the front cover of this manual.**

5 Continue the cross trainer program.

When you have performed the recommended number of repetitions, the words PRESS START will appear in the display. To continue the cross trainer program, step onto the treadmill, **slide the clip back onto the waistband of your clothes,** and press the Start button. The treadmill will automatically adjust to the speed and incline settings for the next segment.

The program will continue in this way until the last segment ends. The walking belt will then slow to a stop.

6 Follow your progress with the display.

See step 5 on pages 14 and 15.

7 Measure your heart rate if desired.

See step 6 on page 15.

8 Turn on the fan if desired.

See step 7 on page 15.

9 When you are finished exercising, remove the key from the console.

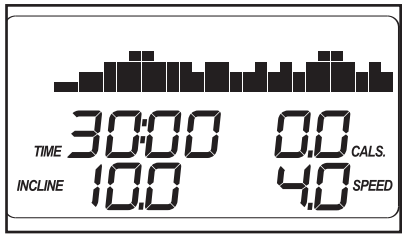
See step 8 on page 15.

HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2 Select a preset program.



To select one of the six preset programs, press the Certified Professional Trainer Programs button once or twice. When a preset program is selected, the program time will appear in the display, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds, and a profile of the speed settings of the program will scroll across the display.

4 Press the Start button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column in the display. (The incline settings are not shown in the display.) The speed settings for the next several segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all the indicators in the Current Segment column are lit, the speed settings may move downward so that only the highest indicators appear in the display.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.
Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

The program will continue in this way until the last segment of the program ends. The walking belt will then slow to a stop.

6 Follow your progress with the display.

See step 5 on pages 14 and 15.

7 Measure your heart rate if desired.

See step 6 on page 15.

8 Turn on the fan if desired.

See step 7 on page 15.

9 When you are finished exercising, remove the key from the console.

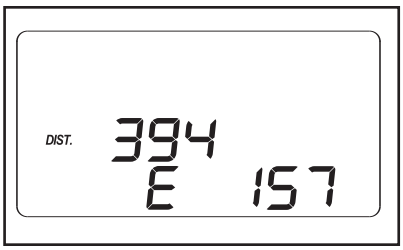
See step 8 on page 15.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The center of the display will show the total number of miles or kilometers that the walking belt has moved. The lower right part



of the display will show the total number of hours that the treadmill has been operated. In addition, an “E” for English miles or an “M” for metric kilometers will appear in the lower part of the display. To change the unit of measurement, press the Speed increase button.

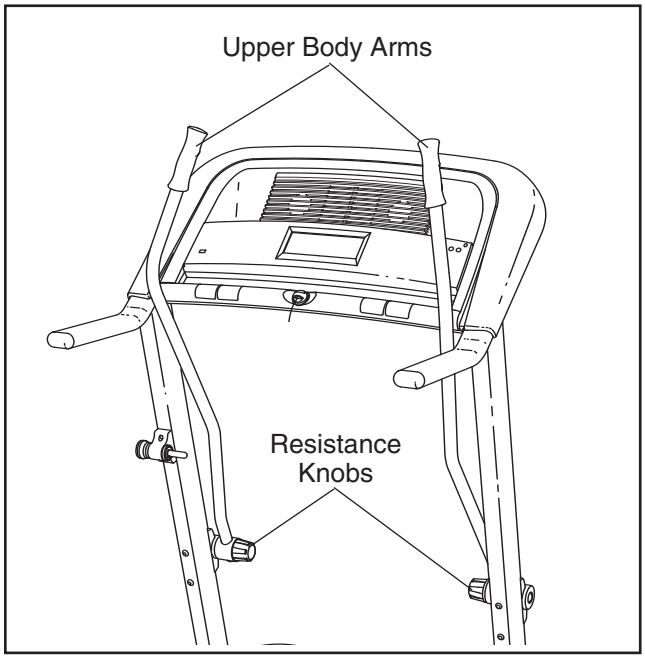
IMPORTANT: If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence; the buttons on the console will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so that the “d” disappears.**

To exit the information mode, remove the key from the console.

HOW TO USE THE UPPER BODY ARMS

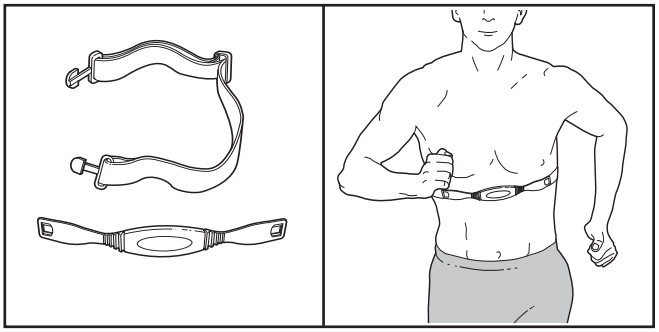
As you walk on the treadmill, you can hold the handrails or use the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.

To vary the intensity of your upper body exercise, you can adjust the resistance of the upper body arms. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.



THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**



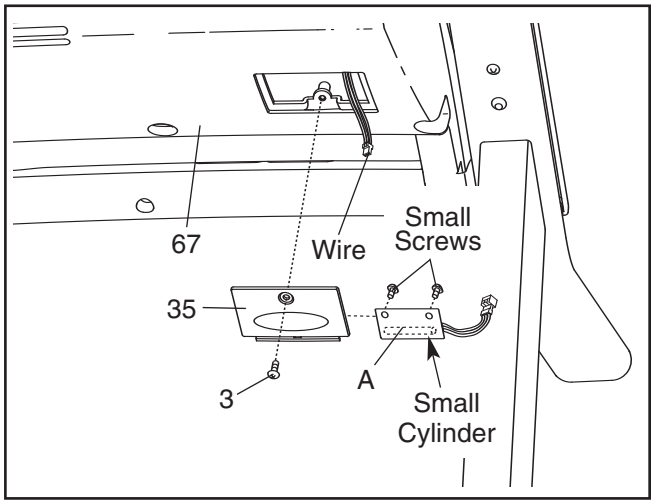
If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the key is removed from the console and that the power cord is unplugged.**

   Remove the indicated Screw (3) and the Access Door (35) from the back of the Console Base (67).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (67). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Back.** Attach the receiver to the plastic posts on the Access Door (35) with the two included small screws.

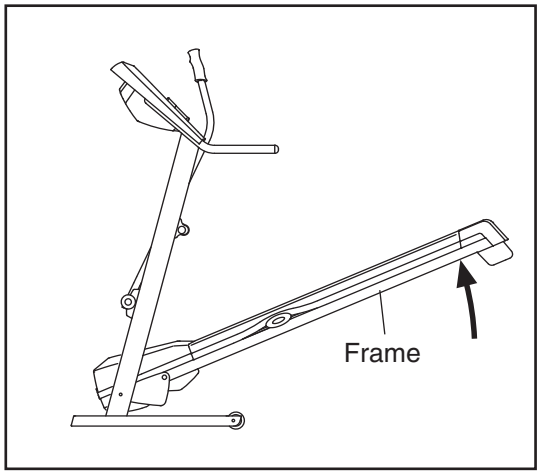
3. **Make sure that no wires are pinched.** Reattach the Access Door (35) with the Screw (3). Discard the other wires included with the receiver.



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

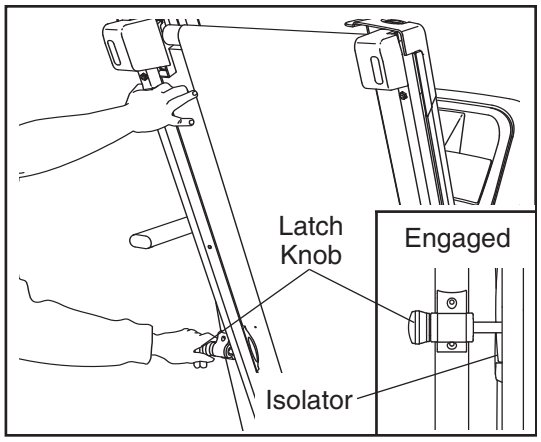
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs.** Raise the frame about halfway to the vertical position.

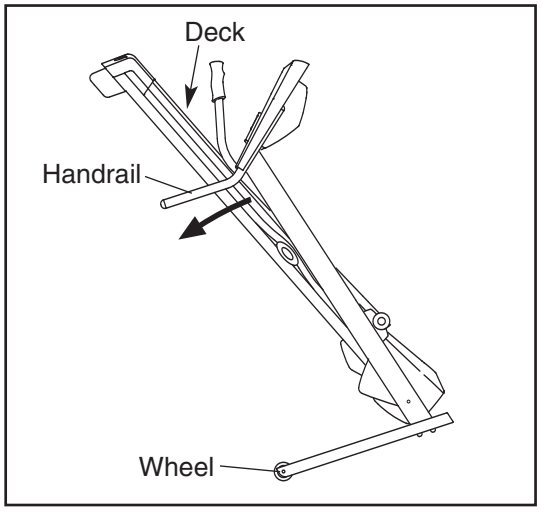
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the isolator is aligned with the latch pin, and then slowly release the latch knob. **Make sure that the frame is held securely by the latch pin, as shown.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the pin on the latch knob is resting securely against the catch.**



1. Hold one of the handrails and place your other hand on the deck. Place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your left hand. Pull the latch knob to the left and hold it. Pivot the frame downward and then release the latch knob.

2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

TROUBLESHOOTING

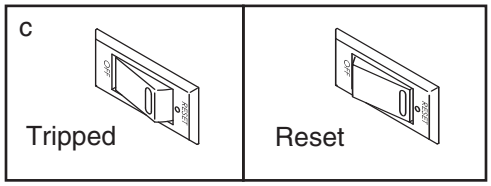
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 12). Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

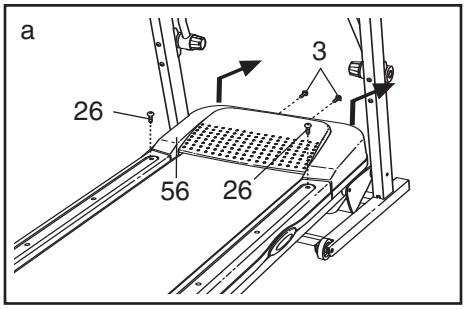
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

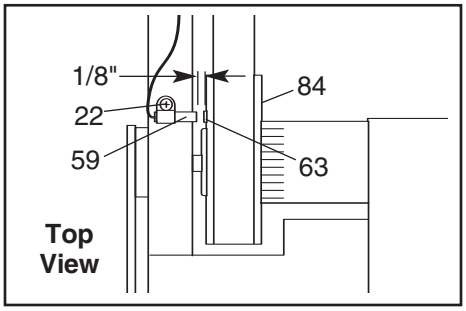
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the two Foot Rail Screws (26) and the two 3/4" Screws (3) and carefully remove the Hood (56).



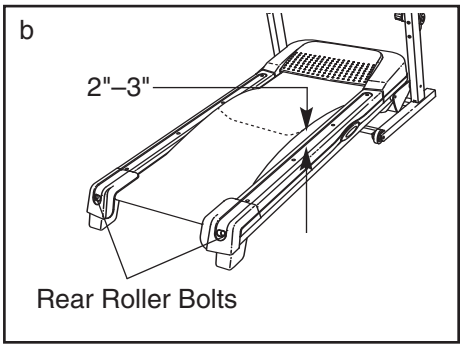
Locate the Reed Switch (59) and the Magnet (63) on the left side of the Pulley (84). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (22), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 12.

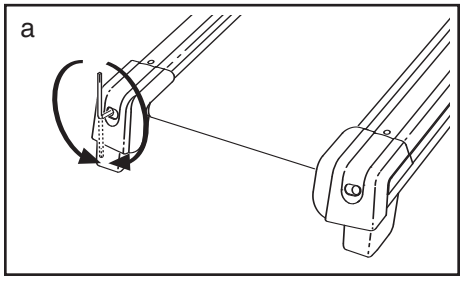
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



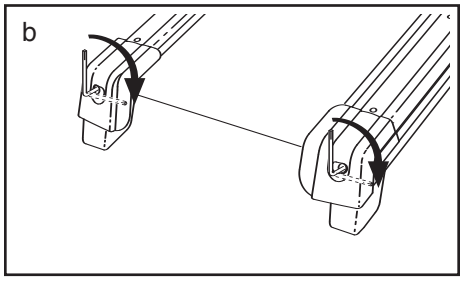
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

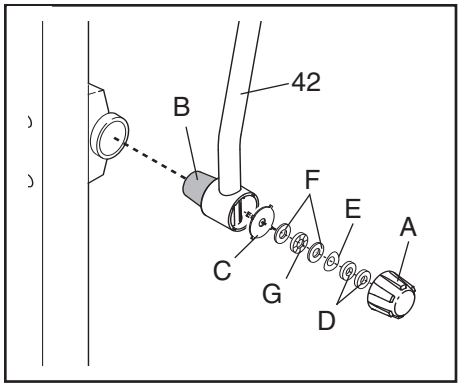


b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The upper body arms squeak during use

SOLUTION: a. (Note: Correcting this problem requires a small amount of white marine grease, available at hardware stores.) Turn the Resistance Knob (A) counterclockwise and remove it. Next, remove the Resistance Cone (B) and the Upper Body Arm (42), along with the Resistance Plate (C), Washers (D), Spring Washer (E), Thrust Washers (F), and Thrust Bearing (G). (Note: If the Resistance Plate [C] comes out of the Resistance Cone [B], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (B). Then, reattach all parts in the order shown at the right.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

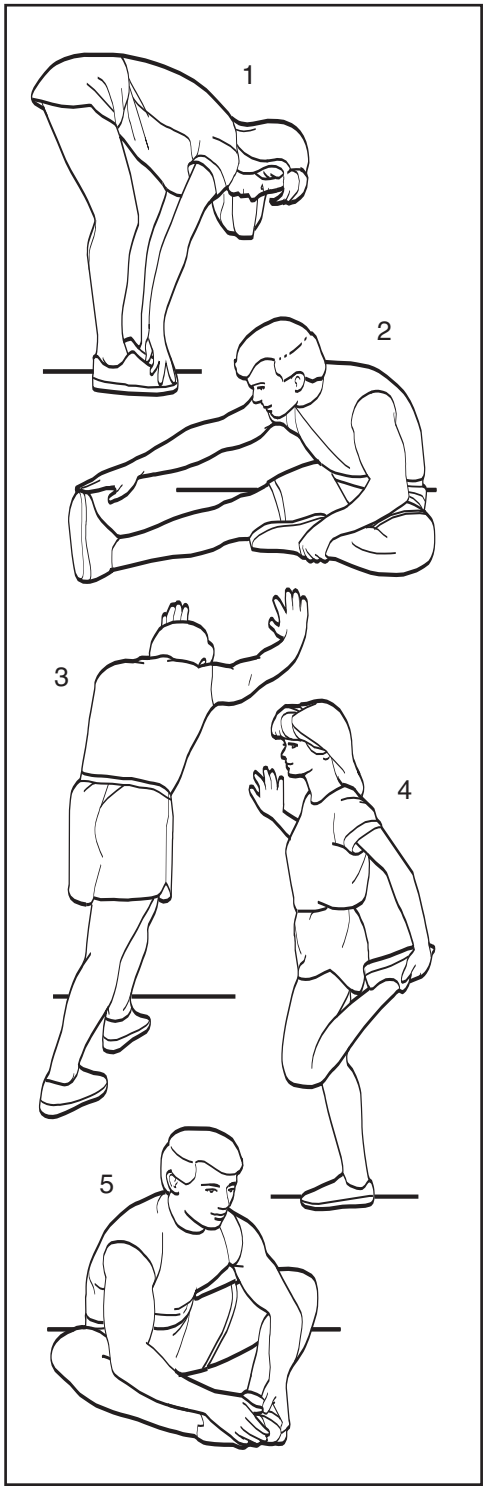
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. PFTL66806.0

R0807A

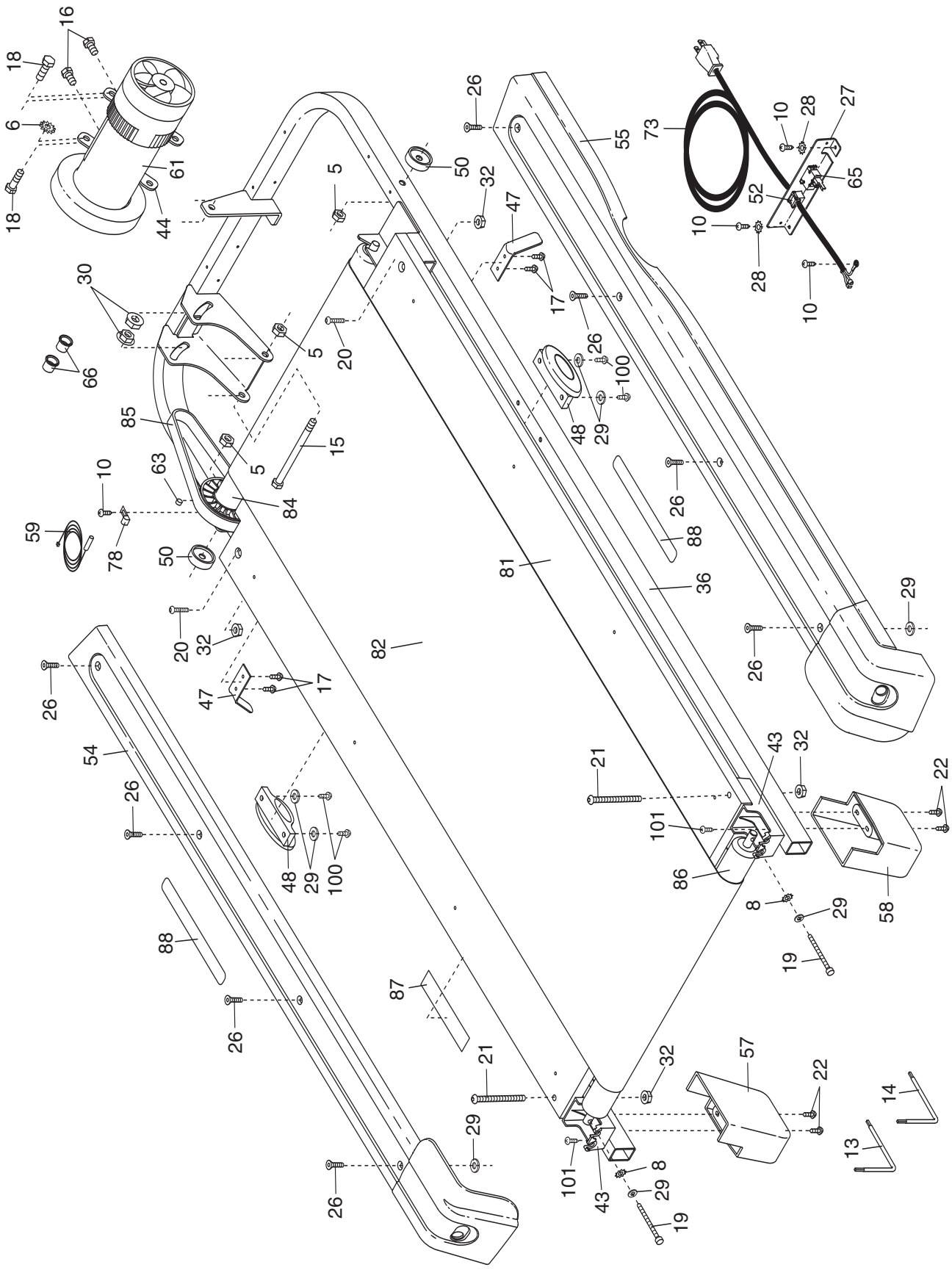
Key No.	Qty.	Description
1	2	Frame Bolt
2	2	Console Bolt
3	25	3/4” Screw
4	6	Wheel Bolt/Upright Bolt
5	6	3/8” Jam Nut
6	9	Upright Star Washer
7	4	Upright Washer
8	2	1/4” Star Washer
9	4	Handrail Bolt
10	8	No. 8 x 3/4” Screw
11	4	Handrail Star Washer
12	2	Fan Screw
13	1	5/32” Hex Key
14	1	Hex Key
15	1	Motor Pivot Bolt
16	2	Motor Bolt
17	4	Belt Guide Screw
18	2	Motor Tension Bolt
19	2	Rear Roller Bolt
20	2	Platform Bolt, Front
21	2	Platform Bolt, Rear
22	15	3/4” Tek Screw
23	2	Lift Frame Bolt
24	1	Incline Motor Bolt, Top
25	1	Incline Motor Bolt, Bottom
26	8	Foot Rail Screw
27	1	Power Cord Bracket
28	2	Power Bracket Star Washer
29	12	Flat Washer
30	2	3/8” Flange Nut
31	1	Console Fan
32	4	Platform Nut
33	4	3 1/2” Bolt
34	2	Hand Grip
35	1	Access Door
36	1	Frame
37	1	Base
38	1	Left Upright
39	1	Right Upright
40	2	Handrail
41	1	Lift Frame
42	1	Left Upper Body Arm w/Grip
43	2	Rear Roller Bracket
44	1	Motor Bracket
45	1	Console Support Bracket
46	1	Stop Bracket
47	2	Belt Guide
48	2	Isolator
49	1	Belly Pan
50	2	Frame Pivot Spacer
51	4	Base Pad
52	1	Power Cord Grommet
53	4	Handrail Endcap
54	1	Left Foot Rail
55	1	Right Foot Rail
56	1	Hood
57	1	Left Rear Foot
58	1	Right Rear Foot
59	1	Reed Switch
60	1	Lift Motor
61	1	Drive Motor
62	2	Hood Screw
63	1	Magnet
64	1	Controller
65	1	Reset/Off Circuit Breaker
66	2	Front Roller Bushing
67	1	Console Base
68	1	Console
69	1	Upright Wire
70	1	4” Black Wire, 2Ring
71	2	Frame Spacer
72	2	Grommet
73	1	Power Cord
74	2	Wheel
75	3	Plastic Tie
76	9	Wire Tie
77	2	8” Wire Clamp
78	1	Clip
79	1	Releasable Tie
80	1	Hood Cover
81	1	Walking Platform
82	1	Walking Belt
83	4	1/2” Screw
84	1	Front Roller/Pulley
85	1	Motor Belt
86	1	Rear Roller
87	1	Warning Decal
88	2	PROSOFT Decal
89	2	Caution Decal
90	5	Frame Nut
91	1	Latch Housing
92	1	Key/Clip
93	1	Latch Pin Assembly
94	4	Wheel Spacer
95	2	Insert Screw
96	2	Upper Body Arm Insert

Key No.	Qty.	Description
96	2	Upper Body Arm Insert
97	1	Right Upper Body Arm w/Grip
98	2	Resistance Assembly
99	2	Base Endcap
100	4	Isolator Screw
101	4	Rear Roller Bracket Screw
102	1	Filter Wire
#	1	8” Blue Wire, 2F
#	1	14” Blue Wire, 2F
#	1	4” Black Wire, M/F
#	1	8” Green Wire, F/Ring
#	1	4” Red Wire, M/F
#	1	User’s Manual

#These parts are not illustrated.
Specifications are subject to change without notice.

EXPLODED DRAWING A—Model No. PFTL66806.0

R0807A



EXPLODED DRAWING B—Model No. PFTL66806.0

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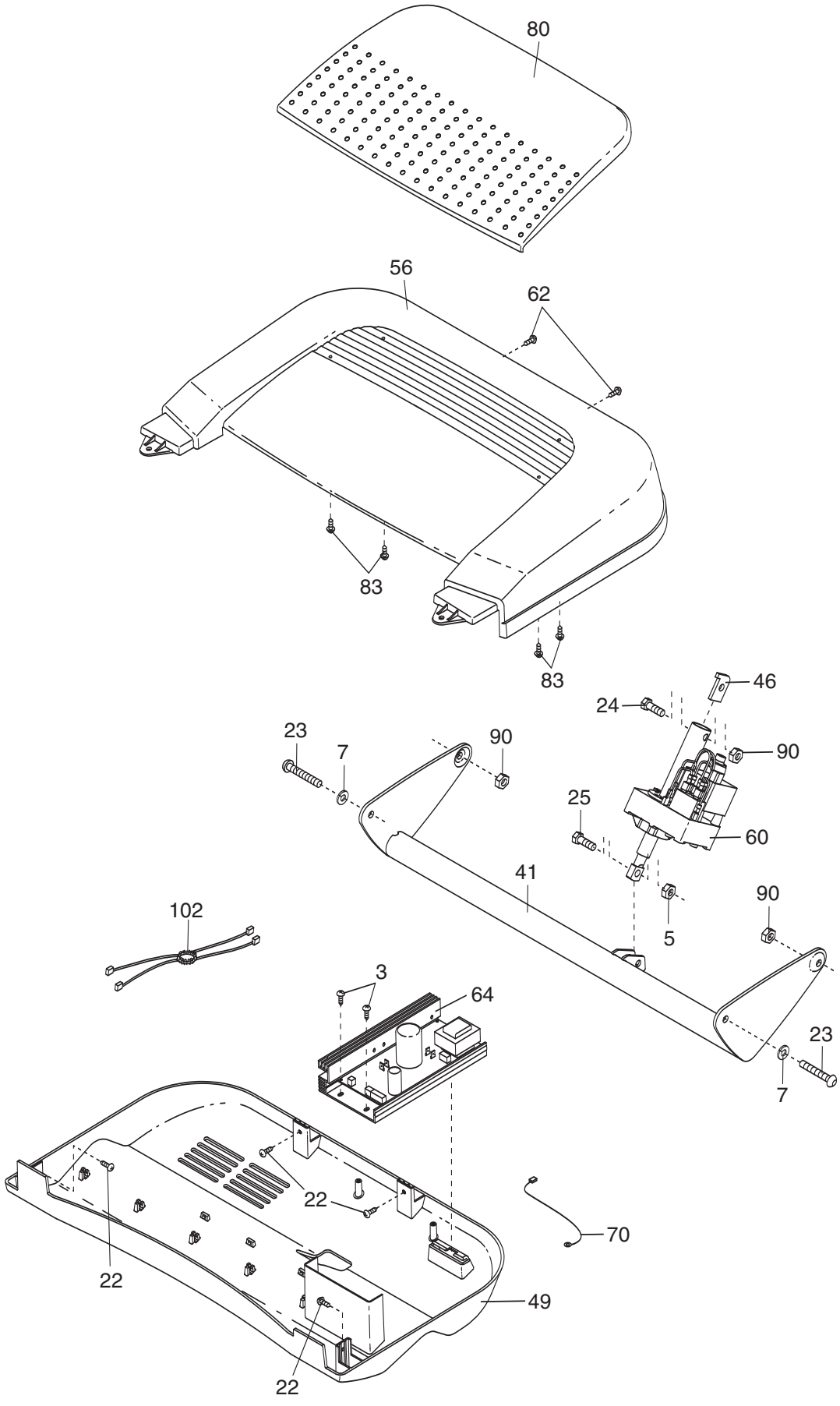

EXPLODED DRAWING C—Model No. PFTL66806.0

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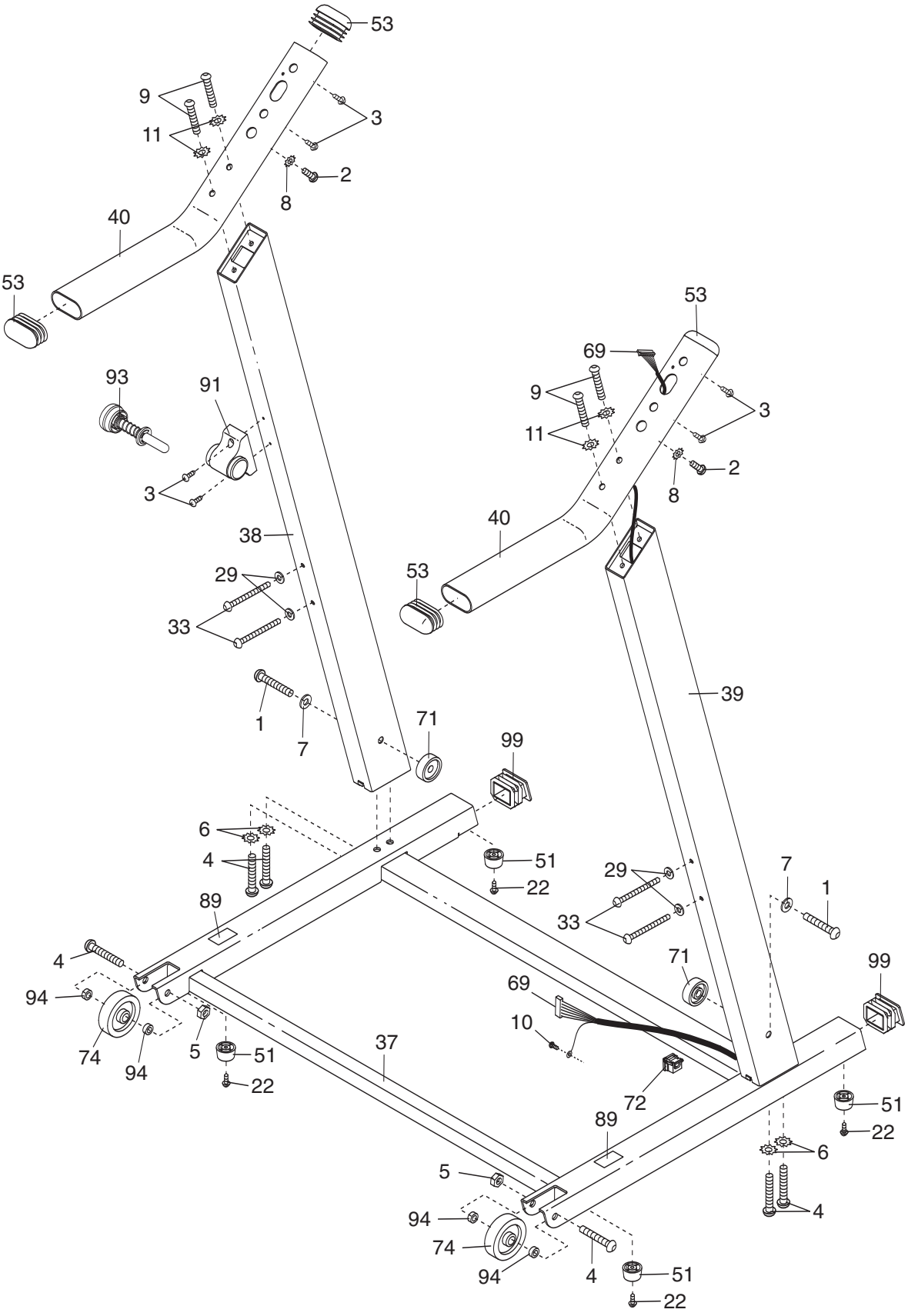

EXPLODED DRAWING D—Model No. PFTL66806.0

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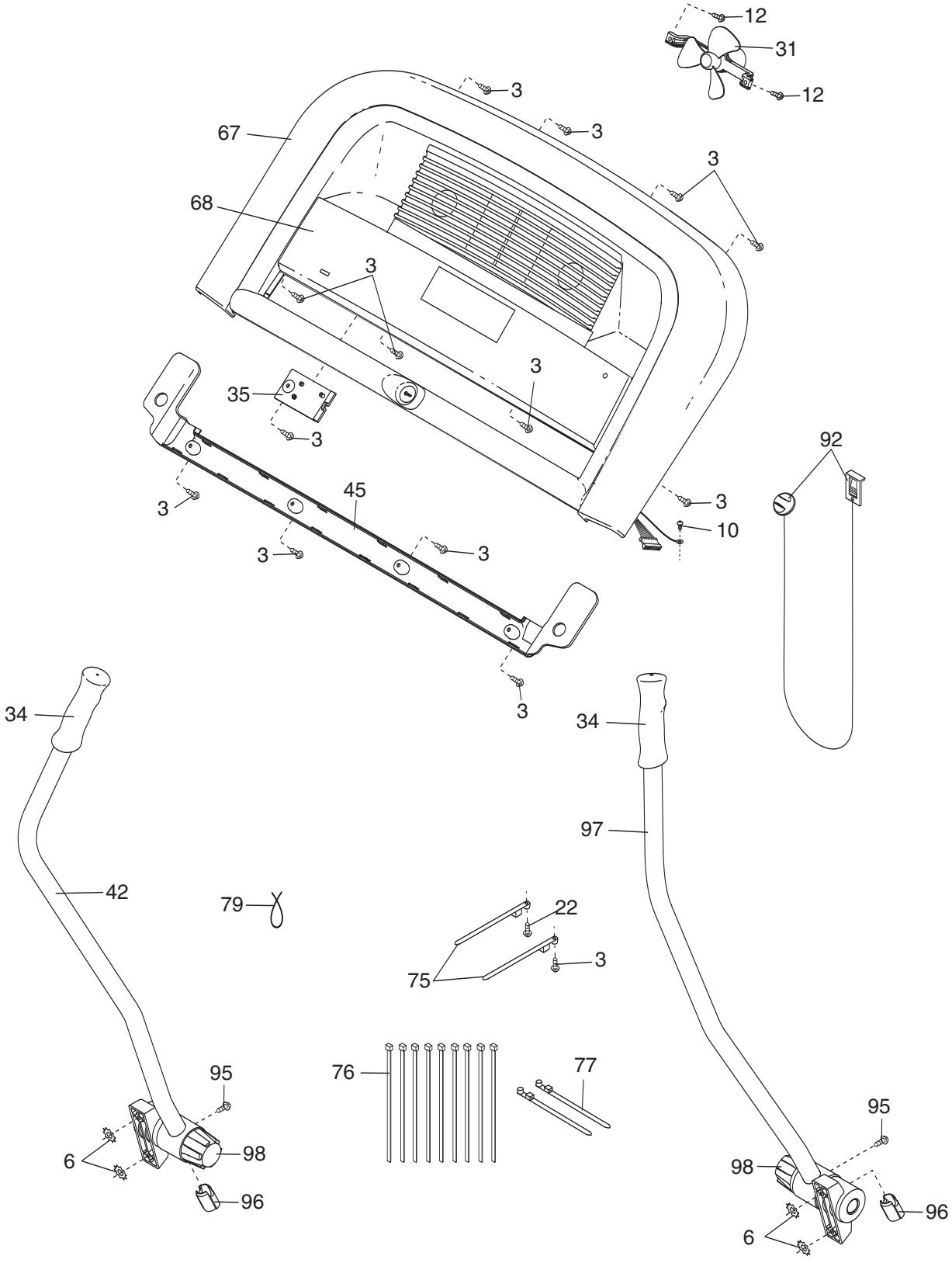

ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when calling:

- the MODEL NUMBER of the product (PFTL66806.0)
- the NAME of the product (PROFORM CROSSWALK 3.0 XT treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 26 to 31)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material under normal use and service conditions. The drive motor is warranted for ten (10) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 247837 R0807A

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